

Full Report (All Nutrients) 45108289, GOYA, RICE & PIGEON PEAS, AUTHENTIC CARIBBEAN RECIPE, UPC: 041331026611

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Report Date: June 04, 2017 08:40 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer GOYA FOODS, INC.

Nutrient	Unit	Data points	Std. Error	0.25 cup 45g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	356
Protein	g	--	--	4.00	8.89
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	35.00	77.78
Fiber, total dietary	g	--	--	1.0	2.2
Sugars, total	g	--	--	1.00	2.22
Minerals					
Calcium, Ca	mg	--	--	20	44
Iron, Fe	mg	--	--	1.80	4.00
Sodium, Na	mg	--	--	510	1133
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	12.0	26.7
Vitamin A, IU	IU	--	--	100	222
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

LONG GRAIN ENRICHED PARBOILED WHITE RICE (RICE ENRICHED WITH IRON [FERRIC ORTHOPHOSPHATE], NIACIN, THIAMINE [THIAMINE MONONITRATE] AND FOLIC ACID), PRECOOKED DEHYDRATED MINCED ONION, NATURAL ROAST SMOKED PORK FLAVOR, (HYDROLYZED CORN GLUTEN, SOY PROTEIN, WHEAT GLUTEN, YEAST EXTRACT, PORK LARD, PARTIALLY HYDROGENATED SOYBEAN/COTTONSEED OIL DEXTROSE, NATURAL FLAVORING, HICKORY SMOKE FLAVOR), DEHYDRATED GREEN BELL PEPPERS, DEHYDRATED GRANULATED GARLIC, TOMATO POWDER, HAM FLAVOR (SALT, AUTOLYZED YEAST EXTRACT, CORN SYRUP SOLIDS, HYDROLYZED CORN PROTEIN, CANOLA OIL AND PARTIALLY HYDROGENATED SOYBEAN OIL,

NATURAL FLAVOR INCLUDING SMOKE), GROUND OREGANO, GROUND BAY LEA, WHITE PEPPER, SILICON DIOXIDE AS ANTICAKING AGENT, DEHYDRATED CILANTRO, ANNATTO. *Date Last Updated by Company: 05/17/2016*